



FALL MOVIE SEASON PREVIEW

CHRISTOPHER WALKEN IS ONE REASON WHY METRO'S REEL GUYS CAN'T WAIT FOR SEVEN PSYCHOPATHS PAGE 17

TONIGHT'S JACKPOT

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WEEKEND, September 14-16, 2012



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Running with Terry

Hope lives on. Londoner recalls meeting Terry Fox, some 32 years before his own battle with cancer

If you go

- London's annual Terry Fox Run takes place Sunday in Springbank Gardens.



JOHN MATISZ
john.matisz@metronews.ca

London's Mike Cullen was touched by cancer long before doctors found a tumour in his small bowel last spring.

Cullen, then six years old, was at his grandparents' house in 1980 when he got the chance to run alongside Terry Fox as his Marathon of Hope passed through Kitchener.

"It was just he and I running for maybe 50 yards. I personally handed him a \$10 bill," Cullen recalled. "He said 'thank you,' and then we made eye contact."

The moment will be etched in his brain forever and is one of the main reasons he volunteers every year to help organize London's Terry Fox Run, said Cullen, now 38.

Hospitalized several times during nine months of chemotherapy, Cullen has struggled to cope with the rigours of his own cancer, which he calls a "nasty" disease. A smooth

eight-hour surgery boosted him back to something near normal a couple of months ago.

Looking back, Cullen's still in awe of Fox's 143-day, one-legged trek across Canada. "I'm a motivated person, but to go out and do that every day, with the conditions he was under, is just crazy."

Working in the London Health Sciences Centre's intensive care unit, Cullen deals with cancer patients daily and sees first-hand how money raised by those carrying on Fox's spirit is making a difference.

"We're not going to make progress unless we keep fighting," he said.

With this year's run only days away, Cullen is rallying a strong contingent of family and friends, all while undergoing medical tests.

A Thursday test showed he is now living cancer-free.

Follow John Matisz on Twitter @Metro_JMatisz



Wouldn't It Be Lovely TO GO FOR A RIDE?

Kelly Coxson, 25, of London, leads the pack Thursday during The Grand Theatre's My Fair Lady horse race at the Covent Garden Market. People tackled an obstacle course on "horses" fashioned from pool noodles during a promotion for The Grand's High School Project. Sixty-five local secondary school students will take the theatre's main stage for their production of My Fair Lady. The show opens Tuesday. Visit grandtheatre.com for details. AMANDA GRANT/FOR METRO



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Power station

London MPP's action leads to contempt ruling



London West MPP and Energy Minister Chris Bentley.

ANGELA MULLINS/METRO FILE

Ontario's Liberal government has been found in contempt of Parliament for Energy Minister Chris Bentley's refusal to produce all documents on the cancelled electricity-generating stations in Mississauga and Oakville.

Speaker Dave Levac found the refusal was a "prima facie" case of breach of privilege. But Levac also said he wants the issue to go back to the three party house leaders to resolve among themselves by Sept. 24.

The Progressive Conservatives and New Democrats say the house leaders can't even agree on re-establishing committees, and won't be able to resolve the dispute over the gas plant documents.

The government has already admitted it will cost taxpayers \$190 million for the Liberals' decision to halt construction on the Mississauga power station in the middle of last year's election campaign.

But there's been no indication how much it will cost for the Liberals' decision to scrap another natural gas plant in Oakville the year before.

THE CANADIAN PRESS



London Police Chief Brad Duncan shows off the new design for patrol cars on Thursday at police headquarters. JOHN MATISZ/METRO

Cruisers getting a 'bold' new look

Makeover. London police unveil updated graphics for all police vehicles, which includes web address



JOHN MATISZ
john.matisz@metronews.ca

Described as the "perfect opportunity," a new look for London's police cruisers should be a win-win for officers and taxpayers, police Chief Brad Duncan said.

"We're already committed to paying for them (in the approved budget)," Duncan said. "At the end of the day, it's really a wash."

Duncan and other officials unveiled new vehicle graphics Thursday. While the graphics feature the same red and blue adorning vehicles today and the same "Deeds Not Words" motto, the updated look is considered edgier and has the police service's web address — police.london.ca — printed on each side panel.

The graphics will be phased onto all police vehicles, including motor-

cycles and SUVs, over the next couple of years.

"What drove the change is the fact that we now have Dodge Chargers in our fleet," Duncan said. "We didn't have a graphics package for it before."

Duncan said he's confident the "bold and progressive" makeover will be well-received by the community.

Mayor Joe Fontana agreed. "We've always been recognized for our approach — creative in how we work in the community — and just viewed as hard workers," he said. "So, you want your car

In numbers

122

Number of police vehicles to see new graphics in next couple of years

decals to really reflect what you want to be."

Duncan said the switch could help up morale, leading to better service on city streets.

"In a police service, pride and morale are important," he said. "We've had so many (officers) say 'We just like the new look.'"

Video hearing. Judge advises CPRI beating suspect to seek counsel

The man accused of beating a 12-year-old boy at London's Child and Parent Resource Institute was ordered to remain in custody Thursday as he hires a lawyer or applies for legal aid.

Gregory Thomas Simard, 24, of London, made a brief court appearance via a video link from the Elgin-Middlesex Detention Centre.

Simard, who faces multiple charges including attempted murder, is accused of removing his victim from CPRI and leaving him badly beaten Sunday in a wooded area of the institute's 600



Gregory Thomas Simard CONTRIBUTED

Sanatorium Rd. property.

The 12-year-old remains in critical condition, police said.

Simard was a full-time contract employee at CPRI.

AMANDA GRANT/METRO

Urban Voices

Columnist seeks to end apathy

Metro's new London Urban Voices columnist Susan Toth wants politicians to play a more active role in engaging Londoners and ending apathy. Find out what she has to say at metronews.ca. **METRO**

AIDS Walk

Walking for a good cause

The local AIDS Walk for Life will be Saturday at Springbank Gardens at 7 p.m. Visit aidswalkforlife.ca for details. **METRO**

Fight Gone Bad. Charity workout to raise money for prostate cancer

CrossFit London and Lululemon Athletica Masonville are joining forces for a special kind of workout.

Scheduled for Sept. 23, Fight Gone Bad aims to raise \$12,000 for the Prostate Cancer Centre in London.

Individuals and teams will collect pledges in advance. On the day of the event, they'll complete a workout comprised of three rounds, five minutes each, with one-minute rests in between.

The circuit will cover an array of exercises including box jumps and throwing a

To get involved:

- Fight Gone Bad starts at 9 a.m. on Sept. 23 at CrossFit London (353 Bathurst St.)

- To register, visit Fight-GoneBad.kintera.org

medicine ball against a wall. "Crossfit workouts are intense," said volunteer Sean Sinclair. "The workout was originally designed for training UFC fighters." **ANDREW SERCOMBE/METRO**

1 NEWS

Mobile news



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Trees

Competitors to climb for glory

Springbank Park will play host Saturday to the 2012 Ontario Tree Climbing Championship.

Competitors will be tested in five different categories with the top climbers advancing to an international championship next year in Toronto. **METRO**

Supplies

Ready for school

Some of the more than 1,000 families served by the Children's Aid Society of London and Middlesex will get a little extra help on Sunday. The society has partnered with Staples Business Depot and Boston Pizza to provide \$11,000 worth of school supplies to children in need. **METRO**

Chemical-free

City issues pool draining reminder

The city is reminding people to take precautions before draining pools, spas and hot tubs for the winter.

Water passing through sewer grates and storm drains must be free from chemicals, including salt, according to a city bylaw.

METRO

Festival

Museum to celebrate harvest

The Museum of Ontario Archaeology, at 1600 Attawandaron Rd., will have its annual powwow and native harvest festival from Friday to Sunday.

Events start at 7 p.m. Friday with the festival opening at 10 a.m. the following days. **METRO**

Cross-country

Cyclists in town

Cyclists riding across Canada will make a pit stop in London Friday. The 17-day, 7,000-kilometre journey by 27 cyclists is organized by the Coast to Coast Against Cancer Foundation in association with the Sears National Kids Cancer Ride to raise money for children with cancer. **METRO**

Opening night

Fanshawe at culinary festival

A new partnership between Savour Stratford Perth County Culinary Festival and Fanshawe College kicks off the event Sept. 21. There will be complimentary popcorn and cotton candy, along with music by Fanshawe music industry arts students. **METRO**

Showing the many faces of help

The Humanitarians.

Project aims to raise awareness about foreign-aid workers

London photographer Juozas Cernius wants to put a face on humanitarian aid.

Along with partner Anita Vizsy, Cernius, 36, has launched a fundraising campaign, hoping to garner enough money to visit countries in crisis and document the work of non-governmental organizations (NGO).

"Over the course of traveling we discovered the presence of NGOs and aid groups and became engaged with the idea of who these people were," Cernius said.

"You never see the faces of people helping or learn about them," added Vizsy, 33, also a Londoner. "It's a culturally and personally challenging thing to do."

Cernius and Vizsy hope to raise \$19,000 by the end of November — enough money to send them on an adventure to Africa, India and Southeast Asia.

While abroad, they will visit regions in conflict and com-



Juozas Cernius, 36, right, and Anita Vizsy, 33, the pair behind the project. AMANDA GRANT/FOR METRO

On the web

- For more information about The Humanitarians, visit indiegogo.com/humanitarians

munities dealing with natural disaster, political unrest or poverty. In each country, they will meet with aid workers, learning their stories and photographing their journey.

After five months, they will return to Canada, creating an art exhibit, and possibly a book, featuring the people they met.

"There's a missing bridge between the people who provide this help and the public," Vizsy said. "We want to build this bridge and respect and honour their work."

AMANDA GRANT/FOR METRO



All fun and games before fair reels it in for another year

Londoners Ashley Weisbeck and Zahrah Jiwani, both 17, work at a game booth Thursday at the Western Fair. Zahrah, a student at H.B. Beal Secondary School, said she was offered the job while walking past the games the day before the fair opened. She and Ashley run the fish pond, one of countless carnival games that will be swinging as the fair enters its final weekend. AMANDA GRANT/FOR METRO

Volunteers a possibility. TVDSB ready if teachers' job action continues

The Thames Valley District School Board says volunteers could step in if labour action by teachers intensifies.

Some educators pulled the plug Wednesday on extra-curricular activities, such as coaching sports teams and

leading clubs after Queen's Park imposed contracts.

Things returned to normal Thursday, but union leaders have left open the possibility of future work-to-rule action.

AM980/AM980.CA

125 years of changing lives. St. Joseph's marks surgical achievements

The St. Joseph's Health Care Foundation paid tribute Thursday at the London Convention Centre to pioneers who played a key role in surgical achievements.

The tribute came as the foundation celebrates 125

years worth of surgeries at St. Joseph's Hospital.

Thursday's event also noted the contributions of Dr. Vincent Callaghan, former chief of surgery at the hospital, and his family.

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Sam Stout, left, and Mark Hominick CONTRIBUTED

MMA. Adrenaline's Stout and Hominick pumped for UFC 154

The planning committee for UFC 154 might want to consider dubbing it "The Reunion" when promotion ramps up.

Being held at the Bell Centre in Montreal on Nov. 17, 154's recently announced fight list consists of fan favourite Georges St. Pierre, Patrick (The Predator) Cote, and two locals, Sam Stout and Mark Hominick.

It'll be the first time the foursome has competed on the same card since cutting their teeth in the TKO Fighting Arts circuit nearly a decade ago.

"I was really pushing to get on this card," said Stout, a 28-year-old Londoner. "With Mark being on it, it's always great doing camp together."

Stout and Hominick work out of Adrenaline Training Centre in London. They're amped to get going with pre-fight training camp.

Although the 10-bout night is another two months away, the fighters are finding it hard to keep their minds off what's at stake. "I think he matches up really well," Stout said of 154

Nov. 17 event

Local flavour on November's UFC 154 card:

- **Lightweight:** London's Sam Stout (record: 7-6) vs. John Makdessi (2-2)
- **Featherweight:** Thamesford's Mark Hominick (3-3) vs. Pablo Garza (2-2)

opponent John Makdessi. "Like anyone in the UFC, he's dangerous. There's no easy fight in the UFC."

Unlike five-foot-nine, 155-pound Stout, who won his last fight by unanimous decision in June, Hominick is reeling. The Thamesford native's last victory came in January 2011, when he left the Octagon with a technical knockout against George Roop. "I'm going out there with a little chip on my shoulder," said Hominick, 30, loser of three straight bouts. "I feel like my back's against the wall." **JOHN MATISZ/METRO**

Friday ceremony

Seminary marks centennial

St. Peter's Seminary will mark its 100th anniversary in grand fashion. Started by Bishop Michael Francis Fallon in the former rectory next to downtown's St. Peter's Cathedral in 1912, the seminary moved in 1926

to a 25-acre field known at the time as Sunshine Park.

Since it opened, the seminary has graduated 1,042 priests, 23 of whom were made bishops. One became a cardinal.

The London Public Library Board's historic sites committee will dedicate a plaque to the seminary during an 11:30 a.m. Friday ceremony. **METRO**

Ex-Knights' bright future is up in the air for now

Waiting game. As an NHL disruption looms, Michael Houser and Jarred Tinordi are left wondering what their seasons will look like

JOHN MATISZ
john.matisz@metronews.ca

For the time being, Michael Houser is dressing in equipment that screams uncertain times. His pads, blocker, glove and even his mask are white as snow.

"I don't really know what team I'm playing for, so I figured white is best," the Wexford, Pa., native said of the nondescript get-up. "It's easy to mix and match."

The Florida Panthers inked Houser to a three-year, entry-level contract shortly after the 2012 NHL draft. In a couple of weeks, he'll be whisked off to start the year in either the American Hockey League or East Coast Hockey League — with a very slim chance of getting bumped down the totem pole for another OHL season.

"I'm trying to get to the National Hockey League, so I trust that they'll make the right decision," Houser said of the Panthers' brass.

The all-time wins leader for the London Knights turned 20 on Thursday.

He and Jarred Tinordi, a fellow 1992-born member of last season's OHL championship crew, have been practising in the Forest City this week as they wait for their respective AHL camps to begin on Sept. 28.

Tinordi, a hulking shutdown defenceman with top-two pairing potential at the

Jarred Tinordi chats with London Knights general manager Mark Hunter as he works out with his former team Wednesday at the Western Fair Sports Centre. **JOHN MATISZ/METRO**

NHL level, is all but a lock to patrol the Hamilton Bulldogs' blue-line in the 2012-13 campaign.

The amount of ice he'll see with the Montreal Canadiens' farm team is heavily dependent on the result of the NHL labour dispute.

"It affects everybody, especially the guys moving on to pro," said Tinordi, who hails from Millersville, Md. "I've been following on TSN and the Internet, but there's nothing I can do about it."

One of London's assistant coaches, Dylan Hunter, was in a similar situation six years ago.

Coming off consecutive 100-plus-point campaigns on a stacked Knights team in the mid-2000s, he was shipped to the Buffalo Sabres' feeder squad, the Rochester Americans.

He found life a little different there. "Sometimes when you go, you have to take some humble pie," the

Manpower

Knights try to replace two key pieces

Michael Houser, 20 (93 wins in 141 regular season games) replaced by Kevin Bailie, 20 (42 in 109)

Jarred Tinordi, 20 (six-foot-seven, 218 pounds) replaced by Nikita Zadorov, 17 (six-foot-five, 228 pounds)

Michael Houser
CONTRIBUTED

27-year-old said.

"Guys' skill levels are higher, of course, and they're older. You go from being a man in the OHL to 15 years younger than some guys."



Follow John Matisz on
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Pre-season dealings

- Rookie defenceman Marselis Subban has been traded to the Saginaw Spirit. Coming back London's way in return is a fourth-round pick in the 2015 OHL draft.

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Yemeni protestors break a door of the U.S. Embassy in Sanaa, Yemen, during a protest Thursday over the film *Prophet*. HANI MOHAMMED/THE ASSOCIATED PRESS

Prophet protests target embassies

Controversial film.
Perceived ridicule of Muhammad inflames Islamists' tempers, anti-American and anti-Israeli violence

Chanting "death to America" and "death to Israel," hundreds of protesters angered by an anti-Islam film stormed the U.S. Embassy compound in Yemen's capital and burned the American flag on Thursday, the latest in a

series of attacks on American diplomatic missions in the Middle East.

The string of assaults this week, in Yemen, Egypt and the storming of a U.S. consulate in Libya that killed four Americans, point to an increased boldness among Islamists who have become more powerful since last year's wave of revolts toppled authoritarian leaders.

The anger over the movie denigrating Islam's Prophet Muhammad has also put the region's new leaders — some of whom are themselves Islamists — in a difficult cor-

ner, between a base demanding a free hand to respond to the insult and U.S. pressure to crack down. In the past, protests have broken out over perceived insults to Islam from the West, but in Arab countries they never escalated to the degree of breaching embassies, suggesting now hard-liners feel they can act with impunity.

Yemen's president, Abed Rabbo Mansour Hadi, quickly apologized to the U.S. for the embassy attack and vowed to track down the culprits, just as Libya's president did.

THE ASSOCIATED PRESS

Ottawa's response

Canada shut its embassy in Cairo for the day out of worries about security.

- A Foreign Affairs spokeswoman says the embassy is a close neighbour of the American mission, which has been the focus of angry protests.
- Canada shut down the embassy for the day out of concern for the safety of staff, she says.



Omar Khadr pleaded guilty to murder. THE CANADIAN PRESS

Feds argue over Khadr delays

New court documents show the Canadian government is defending itself against allegations it is deliberately dragging its feet in allowing Omar Khadr to return from Guantanamo Bay by arguing much of the delay is the fault of the Americans.

In an affidavit filed in response to a Federal Court application by Khadr's lawyers, a senior public safety official

cites two main reasons for the lack of a decision to an application for Khadr to serve out his sentence in Canada — something he was eligible to do starting last October.

The first reason cited was a delay in Washington's approval of the transfer — granted only this past spring.

The second reason was Public Safety Minister Vic Toews's request for sealed videos of

mental assessments of the inmate done for military prosecutors — apparently only discovered in February through media reports.

Khadr pleaded guilty to five crimes, including murder, in violation of the rules of war before a widely discredited military commission in October 2010. He applied to transfer to Canada in April of last year.

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Over the past 35 years, Medix School has earned a reputation for supporting students from admission through to employment. Our Placement Department provides each student with one- to-one time to ensure that all graduates have the job interview skills and a professional resume that will get them hired. Several agencies call the Medix Placement Department first when looking to employ PSWs. They know that each graduate has experienced many weeks in both a long term care facility and a community setting before being eligible to graduate. They know too that each graduate has passed a third party exam to meet the PSW standard required by the Province of Ontario.

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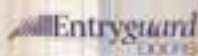
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Captain, crew faulted in tragedy

Cruise chaos.

Passengers have described confused, delayed evacuation



The grounded cruise ship Costa Concordia off the Tuscan island of Giglio, Italy, on Jan. 31. PIER PAOLO CITO/THE ASSOCIATED PRESS

Court-appointed experts have pointed the finger of blame primarily at the captain of a cruise ship that ran aground off Italy, but also faulted the crew and ship owner for a series of blunders, delays and security breaches that contributed to the disaster and the deaths of 32 people.

The Costa Concordia ran aground and capsized Jan. 13 off the Tuscan island of Giglio after Capt. Francesco Schettino took it off course in a stunt. He is accused of causing the shipwreck, manslaughter and abandoning the ship before all passengers were evacuated.

Eight other people are also under investigation, and the court in Grosseto ordered the expert investigation to help it determine which if any should be put on trial.

A hearing is scheduled for next month.

In a 270-page analysis, the experts said a series of problems hobbled the response to Schettino's manoeuvre and contributed to the botched evacuation: Crew members bungled directions, didn't understand orders and weren't trained or certified in security and emergency drills.

And they said ship owner Costa Crociere delayed alerting coastal authorities about the emergency — a charge Costa denied Thursday.

In a statement, Costa said by law it was Schettino who was supposed to have alerted

authorities about the accident, and that the captain assured the Costa crew on land that he had done so.

And regardless, Costa said, Schettino's reports to Costa's headquarters were so delayed, partial and confused that the company couldn't discern how serious the emergency was.

And Costa firmly rejected the experts' claims that the crew was unprepared for emergencies, saying the "alleged defects in the certifications of some of the crew" didn't affect the evacuation.

THE ASSOCIATED PRESS



Eyes on the aftermath

Residents gather near the destroyed elevator that dropped 30 floors, killing 19 workers at a construction site in Wuhan, in central China's Hubei province, Thursday. Worker safety is a big problem in China, where regulations are routinely ignored. Although the Chinese government says it is taking measures to reduce fatalities, more than 75,500 people died in work-related accidents last year, according to the State Administration of Work Safety. THE ASSOCIATED PRESS

Envoy found unconscious

Japan's new envoy to China has been hospitalized after falling unconscious in Tokyo two days after his formal appointment.

The government's top spokesman said Ambassador Shinichi Nishimiya was found on the street near his home Thursday. Officials denied any signs of crime, but

no other details were immediately known.

Nishimiya was appointed Tuesday to replace Uichiro Niwa, Japan's first China envoy from the private sector. Some lawmakers had criticized Niwa as not being tough enough on a diplomatic row over East China Sea islands that are controlled by Japan

but also claimed by China and Taiwan.

Spokesman Osamu Fujimura refused to discuss if or how Nishimiya's illness might affect Japan-China relations at a sensitive time. He also declined to say if Japan opted to pick Nishimiya's replacement.

THE ASSOCIATED PRESS

Parliament returns for fall sitting

The House of Commons resumes its business in Ottawa on Monday.
Here's what you need to know heading in.

ALEX BOUTILIER
Metro in Ottawa

Nathan Cullen — NDP

House Leader Nathan Cullen said his party is focused on opposing the Conservative government while giving Canadians a sense of the NDP's priorities.

"We're starting to turn the corner point for the next general election ... so we're putting a number of things on the window so Canadians can understand what a New Democratic government would look like around things like health care, employment insurance, our energy plan for the future — some conversations that haven't



gotten any real attention from this government. It's that mix, right? Of course you're opposing when you see bad things, but you also have to be constantly proposing."

Marc Garneau — Liberals

For Garneau, the fall will be focused on what he calls "Part 2" of Bill C-38 — the omnibus budget implementation bill that featured everything from changes to environmental regulations to modifying the Old Age Security program.

"There are still things that they announced in their budget back in the spring, that Mr. Flaherty announced, that have not been put in a budget implementation bill ... and of course we'll be watching very closely to see if this will be yet another kitchen sink bill or if the



government will take a more reasoned approach and not do an unreasonable omnibus bill that has all sorts of things in it that should really be treated separately."

Peter Van Loan — Conservatives

Unsurprisingly, jobs and the economy appear to be top of mind for Conservative House Leader Peter Van Loan, whose party will bring in another omnibus budget bill this fall.

"Our top priority is the economy, job creation and economic growth. That has been the case and it will continue in the fall. That means the cornerstone in legislation will be the budget implementation act, which will put into law the elements of the budget from the spring that we haven't passed yet ... Everything in it will be



something coming out of the budget, and that's what budget implementation bills are. It depends on what your definition of omnibus is ... but it will be a large, comprehensive bill."

Budget. Another omnibus bill fight looming

Ottawa is gearing up for the second round of implementing Finance Minister Jim Flaherty's 2012-2013 budget.

And early indications are this budget implementation bill could be every bit as contentious as Bill C-38 was in the spring.

Government House Leader Peter Van Loan said the next budget implementation bill — the legislation that enacts measures included in the budget — will be very large and "comprehensive."

It was the inclusive nature of the previous budget implementation bill, Bill C-38, that provoked a 22-hour debate in the House of Commons. The sprawling 425-page bill included a myriad of changes — from EI reform to changing the environmental assessment process to changing the age of eligibility for Old Age Security from 65 to 67.

Opposition critics argued those significant changes had no place in the budget bill and should have been broken out and debated individually. Ultimately, those complaints fell on deaf ears, and Bill C-38 passed through the House of Commons.

With a second omnibus budget bill, the Conservatives would be sending the signal that this is the way things work under their majority mandate.

WITH FILES FROM THE CANADIAN PRESS

Five storylines to watch in the coming months

	<ul style="list-style-type: none"> • Liberal Leadership. The race for the Liberal leadership begins in earnest this fall, with the party's national board beginning the five-month campaign in November. 		<ul style="list-style-type: none"> • Natural Resources and Foreign Ownership. Ottawa is currently reviewing China National Offshore Oil Co.'s (CNOOC) \$15.1-billion bid for Calgary-based Nexen Inc. 	
<ul style="list-style-type: none"> • About those fighter jets... The debate over the decision to buy F-35 joint strike fighters is set to resume in the fall semester. 	<ul style="list-style-type: none"> • A number of names are being tossed around already, but Montreal MPs Justin Trudeau and Marc Garneau have garnered the most attention so far. 	<ul style="list-style-type: none"> • Thomas Mulcair — and the NDP's — performance. This fall will be the first full sitting for Thomas Mulcair's NDP after he was picked as leader at the party's convention in Toronto last March. 	<ul style="list-style-type: none"> • Some have raised concerns about the CNOOC purchase, arguing state-owned enterprises have an advantage over private companies. 	<ul style="list-style-type: none"> • Free Trade Agreements for everybody! Canada is currently in free trade agreement negotiations with a number of countries, as well as the European Union.
<ul style="list-style-type: none"> • The F-35 became a political quagmire for the Conservatives earlier this year, after a pair of damning reports from the Parliamentary Budget Officer and the Auditor General. 	<ul style="list-style-type: none"> • Declared contenders include Deborah Coyne, a constitutional lawyer in Toronto, Jonathan Mousley, a government economist, and Shane Geschiere, a paramedic from Manitoba. 	<ul style="list-style-type: none"> • At times during the spring, the Official Opposition was overshadowed by the third-place Liberals and their veteran interim leader, Bob Rae. 	<ul style="list-style-type: none"> • Prime Minister Stephen Harper has said the deal must be evaluated on whether it has a net benefit to Canada. 	<ul style="list-style-type: none"> • Conservative House Leader Peter Van Loan said, in addition to a free trade bill with Panama, currently before the house, we might see other agreements this fall.
<ul style="list-style-type: none"> • Both contend the government drastically underestimated the cost of the multibillion-dollar procurement, which the government denies. 	<ul style="list-style-type: none"> • The leadership will be decided at the party's convention on April 14, 2013. 	<ul style="list-style-type: none"> • But with the leadership race behind them and critic roles decided, more will be made of NDP's performance in the House of Commons this fall. 		<ul style="list-style-type: none"> • When asked in July about the status of the Canada-EU free trade agreement, Prime Minister Stephen Harper said talks were proceeding "in a positive way."
<ul style="list-style-type: none"> • Public Works took over the F-35 file and formed a secretariat to govern the acquisition of the next generation fighters. 		<ul style="list-style-type: none"> • The party also intends to bring forward legislation on issues including health care, employment insurance and energy. 	<ul style="list-style-type: none"> • The government has denied two foreign takeover bids under Harper. The Nexen decision is expected later this fall. 	<ul style="list-style-type: none"> • Canada is also participating in U.S.-backed talks for a "Trans-Pacific Partnership," a proposed free-trade block involving more than 10 countries.

Market Minute



DOLLAR
103.27¢
(+0.87¢)

Natural gas: \$3.037 US (-2.6¢)
Dow Jones: 13,539.86 (+206.51)



TSX
12,360.16 (+127.54)



OIL
\$98.31 US (+\$1.30)



GOLD
\$1,772.10 US (\$38.40)

CRTC. Telus says Bell shouldn't be allowed to buy Astral without safeguards

Bell would have too much control over content and the potential to negatively affect consumers and competitors if it's allowed to buy Astral Media, Telus Corp. said Thursday.

Telus was the latest telecom rival to tell the CRTC that Bell's acquisition of the specialty TV channel and radio broadcaster shouldn't be allowed, or if it is approved it must have conditions and restrictions.

"Consumers want to buy rights for all content on all platforms," Telus executive Ann Mainville-Neeson said Thursday after making her company's case to the broadcast regulator.

"They want to watch TV on their TV, on their mobile devices, on their tablets, on their laptops. When Bell goes out to the studios, it buys content rights that way and we want to be able to buy them from Bell in that way and from other ver-

Counter-argument

Bell has countered by saying it needs to be large enough to compete with global companies, especially in newer digital forms of media that relay content to mobile phones, tablets and other devices.

- It announced at the open of this week's hearings that Astral would enable it to create a competitor to the U.S.-based Netflix online video service.

tically integrated companies."

Telus said Bell (TSX:BCE) is trying to sell its content in pieces, making negotiations more difficult and expensive.

THE CANADIAN PRESS

Gambling boom

Casinos opening in Philippines, Korea, Russia

In the Philippines, a \$4-billion casino will soon rise from reclaimed land on the edge of Manila Bay. In South Korea, foreign investors are expected to break ground next year on a clutch of casino resorts offshore. And on the eastern edge of Russia,

authorities plan a resort zone aimed at drawing Chinese high-rollers.

The projects are part of a casino building boom rolling across Asia, where governments are trying to develop their tourism markets to capture increasingly affluent Asians with a penchant for gambling.

They're building glitzy, upscale Las Vegas-style resorts in a bid to copy the runaway success of Asian gambling hubs Macau and Singapore.

THE ASSOCIATED PRESS

Gas. Roller-coaster prices heading down, but still volatile

Experts fear the price shocks that Canadian motorists experienced after this week's sudden spike in gas will continue in coming days as commodity traders speculate about economic stimulus south of the border.

The cost of a litre of gas was expected to drop significantly in the wake of Wednesday's jarring increase, according to tomorrowsgas-pricetoday.com, a consumer-oriented website that monitors changes in fuel prices.

Pump prices were expected to fall by anywhere from five to seven cents per litre early Friday, depending



A man pumps gas after prices rose in Toronto overnight, Wednesday.

MICHELLE SIU/THE CANADIAN PRESS

on the region, said Dan McTeague, who operates the website.

THE CANADIAN PRESS



Nintendo unveils new Wii U GamePad

Nintendo's Bill Trinen demonstrates the Wii U GamePad, Thursday, in New York. The gaming console will start at \$300 and will go on sale in the U.S. on Nov. 18, just in time for the holidays. MARK LENNIHAN/THE ASSOCIATED PRESS

Hacking that starts before the bubble wrap comes off

Built-in viruses. Highly-contagious bug connects users to a network of computers as it boots up

A customer in Shenzhen, China, took a brand new laptop out of its box and booted it up for the first time. But as the screen lit up, the computer began taking on a life of its own. The machine, triggered by a virus hidden in its hard drive, began searching across the Internet for another computer.

The laptop, supposedly in pristine, super-fast, direct-from-the-factory condition, had instantly become part of an illegal, global network capable of attacking websites, looting bank accounts and

stealing personal data.

For years, online investigators have warned consumers about the dangers of opening or downloading files emailed to them from unknown or suspicious sources. Now, they say malicious software and computer code could be lurking on computers before the bubble wrap even comes off.

The shopper in this case was part of a team of Microsoft researchers in China investigating the sale of counterfeit software. They suddenly had been introduced to a malware called Nitel. The incident was revealed in court documents unsealed Thursday in a federal court in Virginia. The records describe a new front in a legal campaign against cybercrime being waged by the maker of the Windows operating system, which is the biggest target for viruses.

The documents are part of a computer fraud lawsuit filed by Microsoft against a web domain registered to a Chinese businessman named Peng Yong. The company says it is a major hub for illicit Internet activity. The domain is home base for Nitel and more than 500 other types of malware, making it the largest single repository of infected software that Microsoft officials have ever encountered.

Peng, the owner of an Internet services firm, said he was not aware of the Microsoft lawsuit but he denied the allegations and said his company does not tolerate improper conduct on the domain, 3322.org. Three other unidentified individuals accused by Microsoft of establishing and operating the Nitel network are also named in the suit.

THE ASSOCIATED PRESS

Court records

What emerges most vividly from the court records is a disturbing picture of how vulnerable Internet users have become, in part because of weaknesses in computer supply chains.

- To increase their profit margins, less reputable computer manufacturers and retailers may use counterfeit copies of popular software products to build machines more cheaply.
- Plugging the holes is nearly impossible, especially in less regulated markets like China, and that leaves openings for cybercriminals.

Ubisoft unveils performance capture studio

Ubisoft Toronto celebrated its latest expansion Thursday, showing off a performance capture studio for its video games.

Ubisoft officials call it a cutting-edge facility that will be used by the company's 26 studios around the globe.

The 2,000-square-foot west end facility features 80 mounted cameras plus wireless helmet cameras, a sound stage and a high-load beam to allow for physical stunts and

aerial work.

"Games are not films but they are definitely borrowing techniques from each other," said Yannis Mallat, CEO of Ubisoft Toronto and Montreal.

Ubisoft set up a performance capture studio in 2005 at its larger Montreal studio.

Ubisoft's Canadian studios have produced such successful video game franchises as Assassin's Creed, Rainbow Six, Far Cry and Tom Clancy's Splinter Cell. THE CANADIAN PRESS



Actors wait to simulate the production of a video game scene during a Ubisoft Toronto press conference to launch a performance capture studio in Toronto on Thursday. MICHELLE SIU/THE CANADIAN PRESS



Thank you!

Thank you to the **Nor'West Rebels** and the **London community** for your support and passion behind the 2012 BMO Team of the Week program. Through their dedication and commitment, the **Nor'West Rebels** were selected as one of 15 BMO Team of the Week finalists across Canada.

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BMO



TEAM of
THE WEEK

BEAR HUG THE NEW FIST PUMP



THE LIST
Neil Morton
metronews.ca

1 **Tieless TIFF.** Amidst all the glamour at the Toronto International Film Festival, a men's fashion trend emerged: Actors going tieless. The likes of Bruce Willis,

Ben Affleck, Ryan Gosling and Bradley Cooper all went sans tie, prompting Toronto Life's blog to ask of the "tieless brigade" at TIFF, "Come on guys, would it kill you to dress up a little?" I say bring the dapper without the tie!

2 **SNL is back.** The iconic sketch comedy show Saturday Night Live begins its 38th season Saturday with three new cast members, and Family Guy creator Seth MacFarlane as host of the premiere episode. Even better, in its second episode, Mumford & Sons will perform — their sophomore album, *Babel*, is being released on Sept. 25. Must watch TV.

3 **Elton John drama.** With nearly 5,000 fans seated for Sir Elton's show Saturday night at the Memorial Centre in Peterborough, Ont., the lights came on shortly after 8 p.m. and the show abruptly cancelled due to Elton having lost his voice. I was there with my wife on a date night gone bad, quick. Luckily he's doing a make-up show next Wednesday. Except I have a soccer banquet that night. Elton, can you crash it?

4 **Obama bear hug.** The Secret Service didn't seem to mind when muscular six-foot-three Florida pizza restaurant owner Scott Van Duzer picked up the president and gave him a huge bear hug, with Obama laughing away, in a photo gone viral. Maybe that's because he's a registered Republican who voted for Obama in 2008, and plans to do so again on Nov. 6. In any case, bear hugs are the new fist pumps.

5 **Andy Murray ace.** Britain's post-Olympics euphoria continued this week after Murray won his first grand slam title, defeating Novak Djokovic in the US Open final 7-6, 7-5, 2-6, 3-6, 6-2. Murray is the first British male grand slam champion in 76 years. Now comes a wave of global sponsors — and likely tea with Will and Kate. Andy, I will be your ball boy if you bring me along.

6 **Beautiful babies.** Vancouver-bred Ryan Reynolds tied the knot with Gossip Girl star Blake Lively after a year of dating in Mt. Pleasant, S.C., near Charleston. These two gorgeous lovebirds will make beautiful kids together. Heck, Blake recently revealed to Allure magazine she wants 30 children if she could! J.Crew catalogue, you've found your models for many years to come.

7 **NBC's 9-11 gaffe.** There was a moment of silence observed at 8:46 a.m. in New York City and the White House Tuesday to remember when the first plane hit the World Trade Center on Sept. 11, 2001. CNN, ABC and CBS all carried it, but NBC's Today show chose instead to air an interview with Keeping Up With the Kardashians star Kris Jenner. Boneheaded.

8 **Manning up.** Peyton Manning's comeback from a neck injury began with his new team the Denver Broncos Sunday, and the future Hall of Famer looked like a stud, leading the Broncos to a win over the Pittsburgh Steelers. The Hall of Fame QB who signed him, Broncos executive John Elway, is smitten. Ex-Broncos QB Tim Tebow — and his "Tebowing" — are already long forgotten.

9 **Farm aid Ottawa.** Jason Blaine, Canadian Country Music Award winner for single of the year at Sunday's Canadian Country Music Association awards, will be among those appearing at Ottawa's Farm Aid concert this Sunday. This country music benefit at Ottawa Stadium will aid area farmers hit hard by this summer's drought. Great cause, special weekend.

10 **Kelly Oxford, LOL.** If you're looking for a hilarious tweeter to follow, make it @kellyoxford. This mom/writer tweets comic gems like "I wish my kid would just pee in the pool;" "Sometimes the only thing that stops me from buying a pair of shoes is imagining Jessica Simpson buying them;" and "Sometimes I watch 'Intervention' just to see my husband cry."

11 **Rick Mercer booked.** Canada's brilliant satirist has a new book coming out next week, Rick Mercer: A Nation Worth Ranting About, a new collection of rants from his hit CBC show Rick Mercer Report — plus three previously unpublished pieces. There's no one in Canada better at calling BS than Mercer. Other than my wife whenever I tell her I'm funny.

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Oh no, not the tongue!



MICHELLE CURLEY/CINCINNATI ZOO

Animal union

Cheetah and dog's unlikely friendship

Anybody who reckons cats and dogs are natural enemies should think twice after spotting Cincinnati Zoo's latest adorable couple.

Max, a 13-week-old Labrador, is pictured giving Savannah the cheetah cub a wet kiss. The pair are part of the zoo's program which sees all their cheetahs have dog companions. **METRO**

What usually happens

"Cheetahs, being skittish animals, will do as they typically do and hunt the farmers' livestock (in their native Africa). But, when they hear the dog barking they will run away, which saves the farmer from having to shoot the cheetah."

Tiffany Barnes from Cincinnati Zoo explains the idea behind the program

Oddest animal couples

- **Snake and rodent.** Zookeepers at Tokyo's Mutsugoro Okoku zoo were startled when their resident rat snake refused to eat a dwarf hamster, and instead forged an unlikely friendship in a glass box home. The zoo's explanation was that snake Aochan had a taste for frozen rodents, so wasn't keen on downing Gohan.
- **Kangaroo and wombat.** Baby kangaroo Anzac and baby wombat Peggy developed a union after

the pair, both orphans, shared a pouch at Wildlife Kilmore Rescue Centre near Melbourne, Australia. But reports say the marsupials enjoyed each other's company because they have similar movements and heartbeats.

- **Cat and squirrel.** Domestic cat Tito from Envigado, Colombia, seemed to have adopted baby squirrel Firulaís by breast-feeding and caring for the creature. The cat's owner brought Firulaís home after finding it alone and wounded on a tree branch.



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After hang gliding to help cranes migrate, what stunt should Russian President Vladimir Putin take on next?

40%
GO HUNTING
WITH DICK
CHENEY



20%
SHOW LION CUBS
HOW TO STALK
VULNERABLE PREY

0%
WRESTLE A
SEAL IN
THE ARCTIC

40%
WRESTLE A
SEAL
CLUBBER IN
THE ARCTIC

Twitter

@Dookstaa:

Why do people always take pictures of their feet on Instagram it's weird. I'm lookin at you @ amontaylo

@jeffwatson99:

Concrete Beach has turned into a beer garden complete with Michael Jackson soundtrack. Recipe for fun @westernu #LDNont

@WayneWriteOn:

As work gets underway, really regretting construction of a condo

on Reservoir Hill in #ldnont. Big mistake.

@StephPaplinski:

Got up 15mins early today but then had to wait at the bus stop for 1/2 hour? LTC needs to have more 2s running #Westernu #LDnOnt

@nicoleamosxo:

University students are like cats they will take a nap anywhere and anytime #bestthingsaidtome #uwo #uwopproblems



Thank you!

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THE **WEEK**



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OUTSTANDING VALUE
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And they know *where* to get *outstanding value*
on *essential P&G brands* for the family and home



Available at
Walmart
Save money. Live better.



Seven Psychopaths promises to be plenty of fun. HANDOUT

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Goodbye summer, hello Oscar season

Fall fare. The Reel Guys talk about their picks for school season — from critical darlings to plain old trashy fun

Richard: Mark, the fall season brings with it the usual number of Oscar bait movies, but one that I am excited to see probably won't win any gold unless they give it an award for kicking butt. The Man with the Iron Fists is a homage to the kung fu movies I grew up with, and how can I not be intrigued by the cast which includes Lucy Liu, Russell Crowe and Wu-Tang Clan member RZA! What's grabbed your eye?

Mark: The Master, starring Phillip Seymour Hoffman as

an L.Ron Hubbard-type leader of a cult much like Scientology. Probably no kung fu in it, but expect a lot of verbal sparring between Hoffman and his prize acolyte played by Joaquin Phoenix. And talk about eye candy, the previews for The Life of Pi, a book I could never get around to reading, look ravishing.

RC: The Life of Pi offers up beautiful looking images, but for me the movie most likely to make my eyeballs dance this fall is Frankenweenie. Tim Burton uses black-and-white stop motion to bring a story about a boy and his dead dog to vivid life. Can't wait. Also looking forward to Seven Psychopaths because any movie that stars both Christopher Walken and Tom Waits has to be all kinds of awesome.

MB: I'm with you on the Psychopaths, Richard. I loved director

Martin McDonagh's last film, In Bruges, and the twisted showbiz plot of this one appeals to me. I could pretend I'm waiting anxiously for Spielberg's Lincoln biopic, or whatever kind of incomprehensibility Terrence Malick's new masterpiece may bring, but who am I kidding? What I'm really excited about is Taken 2. Liam Neeson kicking Central European butt! I hope it's exactly like the first one. In fact, I hope the dialogue is exactly the same, so I can mouth the words along with the actors onscreen.

RC: Not sure how those sitting around you would feel about that, but I hear you. The first Taken was great, trashy fun. I hope for more from the second one. I'm also hoping for slightly more elegant but still down-and-dirty action from Skyfall, the new James Bond flick. The coolest move in any trailer this

Synopsis

Their white pants, sandals and pool wear have all been packed away as the Reel Guys prepare for the cooler weather and Oscar and film festival season. As they unpack their sweaters, jackets and scarves they look ahead to the films they're excited to see as the leaves turn.

year is Daniel Craig jumping from a speeding freight train to a dock, and then pausing, ever so slightly, to adjust his cufflinks before going on to cause more mayhem. It's suave, sexy and silly, everything I expect from 007.

MB: No one loves Bond movies more than me, but would it kill Daniel Craig to smile once in a while? He's Bond ... Grim Bond.

2 SCENE

On the web



Qriket

Star Trek actor George Takei unveils a musical inspired by time in a Japanese internment camp.

Read metro^{work} every Monday and Wednesday for tips and trends in education and employment.

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Picnicface on how to finance a film

Roller Town. Comedy troupe from Halifax raised funds in some unique ways — like selling space in the film credits

STEVE GOW
scene@metronews.ca

Looking for money to make your very own feature film in Canada? Well, Halifax comedy troupe Picnicface has a few ideas.

"We had a fundraising campaign to get some money," admitted director Andrew Bush regarding *Roller Town* — the troupe's debut comedy, which hits theatres September 21.

"We were like 'hey, if you want your name in the credits, send us twenty bucks and you can have any title you want as long as it's not a real title'."

Innovative if nothing else, the unorthodox strategy certainly helped create a budget — as well as create end credits that aren't only about "12 or 15 minutes" long but as funny the film itself. "Some of (the credits) are so disgusting and terrify-



Roller Town celebrates the heyday of roller-skating films — that period between the summer and winter of 1979. HANDOUT

ing," laughed Bush. "One guy even paid a thousand bucks to have a picture of himself in the movie and we put it in."

A zany spoof of the extremely brief fad of roller-skating films that occurred "between the summer of 1979 and the winter of 1979", *Roller Town* is a period tale about one roller-skating wizard who stands up

to gangsters trying to ruin the rinks with the on-set of addictive video games. "We got (the idea) from watching clips on YouTube," said Bush referring to discovering kitschy film clips from 1979's *Skatetown USA* and *Roller Boogie*. "It's such a specific genre film that hasn't been touched on in this way."

Not unlike other comedy

troupes such as *Broken Lizard*, *Picnicface* also heavily improvised the 1970s comedy which kept the filmmaking mostly stress free — even though it was shot in a whirlwind 17 days.

"It was a super fun movie to make," says Bush. "As a director watching it, I was just letting the actors do their thing because they're so brilliant."

More on Bush

Director Andrew Bush talks more about his career

- **From writing for *Canadian Idol* to *Feature Film*.** "I had a great time on that show. (But) I learned that I don't really want to write for reality television, that's sort of what I learned."



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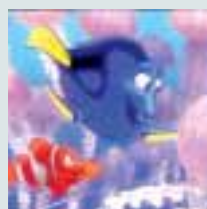


* No purchase necessary. Contest runs from July 3, 2012 to September 30, 2012. Weekly draws begin July 6, 2012. Winners will be announced starting on July 11, 2012 and throughout the Contest Period. Correct answer to skill testing question required. For full Contest rules and how to enter without purchase, please visit rbc.com/rules. [^] Eligible products include the RBC Student Banking[®] account, RBC No Limit Banking for Students[®] account, any RBC Royal Bank[®] credit card with a valid graduation date, and the Royal Credit Line[®] for Students. Credit cards are subject to credit approval. Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. Some conditions and restrictions apply. To get a list of eligible credit cards for students, please visit: www.rbc.com/studentcards.
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Three reasons to see Finding Nemo ... in 3D

Today, Disney once more digs into their vaults and pulls out a classic, rendering it in 3D — the 1999 Oscar-winning film Finding Nemo. Here's three highlights of Finding Nemo that have my two lads excited.

CHRIS ALEXANDER
scene@metronews.ca



The opening barracuda attack, tragic as it is, never fails to grip the lads. With fertile eggs and toothy fish flying off the screen, it might skirt traumatic (Nemo's mom meets her end here after all) but will no doubt be thrilling in 3D.



Similarly, when poor father Marlin and his pal Dory meet the hulking Bruce the Shark, a great white on a fish free diet, the scent of blood in the water makes the pseudo-noble shark snap and he goes ballistic trying to eat our heroes. I imagine much popcorn will be spilled as the boys try to dodge those 3D "jaws".



Finding Nemo is one funny flick. Case in point: The fab sequence in which Nemo's captor, a dentist, sticks him in an office tank filled with other assorted pretty fish and they all act as a Greek chorus while said dentist drills his patients into spitting, screaming fits.

Briefs

Michael Madsen in drunk driving investigation

Actor Michael Madsen was released from a hospital after being arrested for investigation of drunken driving on Pacific Coast Highway in Malibu, his attorney said Thursday.

Madsen, 54, best known for the Quentin Tarantino movies Reservoir Dogs and Kill Bill, had complained of an undisclosed medical problem following his arrest Wednesday and has since been released, said lawyer Perry Wander.

Madsen was arrested after driving erratically in a red Pontiac GTO. In a preliminary test, he had a blood alcohol level of 0.21, more than twice the legal limit of 0.08, said Steve Whitmore, a spokesman for the Los Angeles County Sheriff's Department.

Wander said Madsen had been taking prescription drugs that could have resulted in a faulty sobriety test.

THE ASSOCIATED PRESS

Director hopes award will open theatre doors

A South Korean director who won the Golden Lion award for best movie at this year's Venice Film Festival says he hopes the prize will encourage theatre owners who have previously shunned his works to screen them more often.

Kim Ki-duk said this week the award for Pieta is important because it will help persuade large corporate theatre operators in South Korea to screen independent movies like his.

The 51-year-old director with no formal film training says he considered leaving South Korea for countries that welcome his work.

Kim's previous 17 movies won little commercial success at home but caused a stir with their explicit violence.

Pieta is a drama about a brutal debt collector whose life takes a turn when a strange woman shows up claiming to be his mother.

THE ASSOCIATED PRESS

Horror



Resident Evil: Retribution

Director. Paul W.S. Anderson

Stars. Milla Jovovich, Michelle Rodriguez

While he is inarguably an ace stylist and orchestrator of action, director Paul Anderson isn't much of a writer. It's this latter factor that causes many a critic to dismiss his ongoing Resident Evil films as dross. But taken as visceral thrill rides they're rather brilliant. This fifth entry is a mind bending sensorial rush, with meticulous 3D photography, non-stop action and yet another astonishing physical performance from Anderson's wife, actress Milla Jovovich. The film is structured like the video games it was based on so forget the plot and don't go searching for Shakespearean exchanges of dialogue.

CHRIS ALEXANDER

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THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT.14 TO THURS., SEPT. 20. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.



The Words. HANDOUT

London

Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160

Hit & Run (14A) Fri-Sun 8:10 Tue 8:10
Thu 8:10
The Possession (14A) Fri-Sat 8 Sun
9:45 Tue 9:45 Thu 9:45
Premium Rush (14A) Fri-Sun 10 Tue
10 Thu 10
Resident Evil: Retribution (14A) Fri-
Sat 9:40 Sun 8 Tue 8 Thu 8

Hyland Cinema 240 Wharnccliffe Road South, 519-913-0313

Beasts of the Southern Wild (PG) Fri 3
Sat 9 Sun 7 Mon 1 Tue 9 Wed 7 Thu 5
Compliance (14A) Fri 9:15 Sat 7:15 Sun
3 Mon 9 Tue 7 Wed 1 Thu 7
Moonrise Kingdom (PG) Fri 1 Sat 3
Sun 1 Mon 5:10 Tue 1 Wed 5 Thu 3:15
The Queen of Versailles (STC) Fri 5 Sat
1 Sun 5 Mon 7 Tue 5 Wed 3 Thu 9
Trishna (STC) Fri 7 Sat 5 Sun 9 Mon 3
Tue 2:45 Wed 9 Thu 1

Rainbow Cinemas London 355 Wellington St., 519-434-3073

The Bourne Legacy (14A) Fri-Thu 9:25
The Expendables 2 (14A) Fri-Thu 9:10
Lawless (14A) Fri-Thu 1:05-3:35-
7:10-9:30
The Odd Life of Timothy Green (G)
Fri-Thu 1-3:25-7:15
ParaNorman (PG) Fri-Thu 12:50-
3:20-7
The Possession (14A) Fri-Thu 1:20-
3:45-7:20-9:45
Resident Evil: Retribution (14A) Fri-
Thu 1:10-3:40-7:25-9:40
Ruby Sparks (14A) Fri-Thu 1:15-3:30-
7:05-9:20
The Words (PG) Fri-Thu 12:55-3-
6:55-9

Western Film Room 340, UCC Building, The Amazing Spider-Man (PG) Fri- Thu 7

Ted (14A) Fri-Thu 9:40
Wellington 8 Cinemas
983 Wellington Rd. S, 519-685-2529
Finding Nemo 3D (G) Fri 6:45-9:30
Sat-Sun 1:20-4-6:45-9:30 Mon-Thu
6:45-9:30
Hope Springs (14A) Fri 6:30-9:10
Sat-Sun 1:15-3:50-6:30-9:10 Mon-Thu
6:30-9:10
Lawless (14A) Fri 6:40-9:25 Sat-Sun
1-3:45-6:40-9:25 Mon-Thu 6:40-9:25

The Odd Life of Timothy Green (G)
Fri-Thu 6:50-9:20
ParaNorman (PG) Sat-Sun 1:35
ParaNorman 3D (PG) Sat-Sun 4:25
The Possession (14A) Fri 7:15-9:50
Sat-Sun 1:30-4:20-7:15-9:50 Mon-Thu
7:15-9:50
Premium Rush (14A) Fri 7:20-9:45
Sat-Sun 1:40-4:15-7:20-9:45 Mon-Thu
7:20-9:45
Resident Evil: Retribution 3D (14A) Fri
7:10-9:40 Sat-Sun 1:10-3:40-7:10-9:40
Mon-Thu 7:10-9:40
The Words (PG) Fri 7-9:35 Sat-Sun
1:25-4:10-7-9:35 Mon-Thu 7-9:35

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

The Bourne Legacy (14A) Fri 4:10-
7:10-10:10 Sat-Sun 1-4-7:10-10:10
Mon 6:45-9:45 Tue 4:10-7:10-10:10
Wed-Thu 6:45-9:45 Fri 4-6:50-9:40
Sat-Sun 1-3:50-6:45-9:40 Mon 7:30
Tue 4-6:50-9:40 Wed-Thu 7:30 Star &
Strollers Screening Wed 1
The Campaign (14A) Fri-Sun 8-10:20
Mon 7:45-10:05 Tue 8-10:20 Wed 10:05
Thu 7:45-10:05
The Expendables 2 (14A) Fri 4:45-7:30-
10:05 Sat-Sun 2:10-4:45-7:30-10:05
Mon 7:30-10 Tue 4:45-7:30-10:05
Wed-Thu 7:30-10
Finding Nemo 3D (G) No Passes Fri
4:40-7:20-9:55 No Passes Sat-Sun 1:45-
4:30-7:20-9:55 No Passes Mon 7-9:40
No Passes Tue 4:40-7:20-9:55 No Passes
Wed 1:20-7-9:40 No Passes Thu 7-9:40
Hope Springs (14A) Fri-Sun 4:20-6:50-
9:20 Mon 6:50-9:20 Tue 4:20-6:50-9:20
Wed 1:10-6:50-9:20 Thu 6:50-9:20
Ice Age: Continental Drift (PG) Sat-
Sun 2
ParaNorman (PG) Sat-Sun 12:50
ParaNorman 3D (PG) Fri 5:30 Sat-Sun
3:10-5:30 Tue 5:30
The Possession (14A) Fri 5:35-7:55-
10:25 Sat-Sun 12:55-3:15-5:35-7:55-
10:25 Mon 7:40-9:55 Tue 5:35-7:55-
10:25 Wed-Thu 7:40-9:55
Resident Evil: Retribution 3D (14A) No
Passes Fri 5:15-7:45-10:15 No Passes
Sat-Sun 12:40-3-5:20-7:45-10:15 No
Passes Mon 7:20-9:50 No Passes Tue
5:15-7:45-10:15 No Passes Wed 1:15-
7:20-9:50 No Passes Thu 7:20-9:50 No
Passes Fri 4:30-7:20-10:10 No Passes
Sat-Sun 1:30-4:20-7:15-10:10 No Passes
Mon 8:30 No Passes Tue 4:30-7:20-
10:10 No Passes Wed-Thu 8:30
Sunset Boulevard (STC) Sun 12:45
Wed 7
The Words (PG) Fri 4-7-9:30 Sat
1:10-4:10-7-9:30 Sun 4:10-7-9:30 Mon
7:10-9:30 Tue 4-7-9:30 Wed-Thu 7:10-
9:30 Fri 5-7:45-10:30 Sat-Sun 2-4:50-

7:45-10:30 Mon 8 Tue 5-7:45-10:30
Wed-Thu 8 Star & Strollers Screening
Wed 1

SilverCity London 1680 Richmond St., 519-673-4125

The Bourne Legacy (14A) Fri-Thu
1:30-4:20-7:15-10:20
The Campaign (14A) Fri-Sun 1:20-
3:30-5:50-7:55-10:05 Mon-Tue 1:35-
3:55-6-8:05-10:25 Wed 1:20-3:30-5:50-
7:55-10:05 Thu 1:35-3:55-6-8:05-10:25
The Dark Knight Rises (PG) Fri
2:45-6:40-10 Sat 11:30-2:45-6:40-10
Sun-Thu 2:45-6:40-10
The Expendables 2 (14A) Fri-Sun
1-3:25-5:40-8:05-10:35 Mon-Tue 1:40-
4:10-6:55-9:40 Wed 1:05-3:25-5:40-
8:05-10:20 Thu 1:40-4:10-6:55-9:40
Finding Nemo 3D (G) No Passes Fri
1:55-4:40-7:10-9:50 No Passes Sat
12:10-2:40-5:15-7:45-10:25 No Passes
Sun-Tue 1:55-4:40-7:10-9:50 No Passes
Wed 1:25-3:55-7:35-9:50 No Passes
Thu 1:55-4:40-7:10-9:50
Hope Springs (14A) Fri 1:50-4:30-
7:20-9:55 Sat 11:20-1:50-4:30-7:20-9:55
Sun-Tue 1:50-4:30-7:20-9:55 Wed
4:30-7:20-9:55 Thu 1:50-4:25-9:55 Star
& Strollers Screening Wed 1
Lawless (14A) Fri-Thu 2-4:45-7:35-
10:15 The Odd Life of Timothy Green
(G) Fri-Sat 1:10 Sun 1 Mon-Tue 1:45
Wed 1:10 Thu 1:45
ParaNorman (PG) Fri 1:05 Sat 11:10-
1:05 Sun 1:05 Mon-Tue 2:10 Star &
Strollers Screening Wed 1 Thu 2:10
ParaNorman 3D (PG) Fri-Sun 3:15-
5:25 Mon-Tue 4:35 Wed 3:15-5:25 Thu
4:35 The Possession (14A) Fri-Sun
1:15-3:35-5:55-8:15-10:30 Mon-Tue
2:05-4:15-7:05-10:05 Wed 1:15-3:35-
5:55-8:15-10:30 Thu 2:05-4:15-7:05-
10:05 Premium Rush (14A) Fri-Sat
3:40-6-8:20-10:40 Sun 3:20-5:30-10:25
Mon-Tue 4:25-7-9:45 Wed 3:40-6-8:20-
10:30 Thu 4:25-7-9:45
Queen - Hungarian Rhapsody: Live in
Budapest '86 (PG) Thu 7:30
Resident Evil: Retribution 3D (14A)
No Passes Fri 2:50-5:10-7:40-10:10 No
Passes Sat 12:20-2:50-5:10-7:40-10:10
No Passes Sun-Thu 1:25-3:40-5:55-
8:10-10:30
Resident Evil: Retribution — An
IMAX 3D Experience (14A) No Passes
Fri-Sun 12:55-3:20-5:45-8:10-10:40
No Passes Mon-Thu 1:25-3:40-5:55-
8:10-10:30
Thomas and the Magic Railroad (STC)
Sat 11
The Words (PG) Fri-Sat 7:35-10:25 Sun
7:35 Mon-Tue 6:50-9:35 Wed 10:25
Thu 6:50-9:35
WWE Night Of Champions - 2012
(STC) Sun 8

TV celebs on travel, fires, kids and group therapy

Trivial pursuit. Metro recently got the opportunity to ask the stars of a few new Global TV shows some questions

JOHN CHO — GO ON

Which figure (alive or dead) would you want to be in group therapy with?

I'm going to go with John Lennon. Over the years, I've done so much wondering about him

while listening to his music. Maybe it'll make the listening in the second half of my life more interesting.

What is your favourite Canadian travel destination?

With all due respect to Toronto, which is a grand city, I love Montreal. It's beautiful, full of friendly French speakers, and I had a lot of delicious meals (many at midnight — another plus). I was there during the

film festival, and every night they projected a movie so that everyone could watch while sitting on the steps of the art museum, eating to-go sushi and drinking wine. I like how they live.

DAVID EIGENBERG — CHICAGO FIRE

If your house was burning, what are the five keepsakes you would try to save?

Our son, my wife, the first dog and second dog. Whatever the fifth thing is, I don't need it.

JESSE BRADFORD — GUYS WITH KIDS

What should every dad carry with them?
I'm not a real dad, but I play one on TV. I have no idea.

What do dads do better than moms?

Drink?

What is your favourite Canadian travel memory?

I shot a movie called Far From Home all over Southwestern Canada: Vancouver, Hope, Vancouver Island. My best memory is the weeks I spent in the temperate rainforest in Tofino. BEAUTIFUL! Saw trees the diameter of a small house that were saplings when Columbus landed.



John Cho of Go On. HANDOUT

Global — when to watch

Go On premiered on Tuesday. The second episode will air Tuesday, September 18 at 9 p.m. ET/PT. It will move to its regular Wednesday night rotation at 9 p.m. ET/PT beginning September 26.

- Guys with Kids also premiered on Tuesday. The second episode will air Tuesday, September 18 at 9:30 p.m. ET/PT. It will move to its regular Wednesday night rotation at 9:30 p.m. ET/PT beginning September 26.
- The Chicago Fire series premiere will air Wednesday, October 10 at 10 p.m. ET/PT.

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Great albums are dropping like leaves

Music review. Check out this lineup of what is coming up this season and the big name offerings that will delight your ears

PAT HEALY
Metro World News

If summer didn't bring you the music you needed, fall is shaping up to be full of blockbusters.

SEPT. 18 G.O.O.D. Music Cruel Summer

"Ain't nobody fresher than my mother f—ing clique" raps Big Sean on one of the 12 tracks on Kanye West's latest collaborative project. And he's right. In addition to Big Sean, "Ye corralled long-time pals like Jay-Z and Pusha T, younger artists like Teyana Taylor and CyHi the Prynce as well as hall of famers like R. Kelly and Ghostface Killah. Thankfully, Cruel Summer will arrive while summer is still here.

The Killers Battle Born

A few years ago when critics started likening The Killers' second album to Bruce Springsteen, the comparison seemed a little bit like grasping at straws, but it seems like in the four years since their last studio album, the band must have said, 'Hey, maybe we should listen to that guy that everybody compared us to.' There's plenty of blonde hair blowin' in the summer wind and drivin' in my daddy's car here, but fortunately Brandon Flowers and crew put their own glitzy spin on what they sonically borrow from the synth-heavy notions of Born in the U.S.A.-era Boss.

PINK

The Truth About Love

Yes, PINK has been combining kiss-off anthems with double-entendres since day one, but instead of recycling the same thing over and over, it seems more like she has been working her whole career towards this. Tempering her usual aggression are fun collaborations (with Eminem, Lily Allen and fun singer Nate Ruess) and songs that actually sound happy. Well, as happy



Pink's The Truth About Love, Sept. 18.

as Pink can be, singing lines like, "I hate you so much, it must be love."

Carly Rae Jepsen Kiss

While skeptics may be eager to dismiss Carly Rae Jepsen as a one-hit-wonder, they should take into consideration what a huge hit Call Me Maybe was. Before she came into your life you missed her so bad, you missed her so, so bad. See? The song is so in your head right now.

SEPT. 25 Green Day ¡UNO!

After an absurdly prolific winter, Green Day had enough material for three separate albums, so instead of paring down that material they'll

just go on ahead and release three separate albums, (appropriately titled ¡UNO! ¡DOS! and ¡TRÉ!) every other month through January. Singer Billie Joe Armstrong's face is on the cover of this album, and album two and three will feature the faces of bassist Mike Dirnt and drummer Tré Cool (¡TRÉ!, get it?) but that doesn't mean any of these are solo albums. Unlike the past two Green Day releases, there's not even a lofty concept running through these albums either: And judging from the four singles that have already been released, this is the type of classic straight-ahead punk pop that put the band on the map almost 20 years ago.

No Doubt Push and Shove

As far as long lapses between albums go, No Doubt's sixth studio album is up there with Chinese Democracy and Detox, coming 11 years after its predecessor, 2001's Rock Steady.

Judging from the first two tunes to emerge (both the 6-minute Settle Down and the title track are almost like an open letter to Santigold, saying, 'Hey baby, we were here first') this album will be more worth the wait than the Guns N' Roses album that took 14 years to make.

Mumford & Sons Babel

Coming three years after their 2009 debut, this British band's new single I Will Wait proves that they have waited until they were ready to release their best possible material. The Mumfords are more than just some novelty conjurers of old timey songs, but a group who has the ability to mine lush layers of harmonies to make timeless uplifting tunes.

OCT. 9 Ellie Goulding Halcyon

Her 2010 song Lights may have been the biggest sleeper hit of ... well, 2012. That is indeed a sleeper hit. With her second album, the world is finally ready for this British singer, who we should point out, began dating Skrillex in the time since releasing her debut.

Though he doesn't have any production credits on the album, the bond is just a hint at her willingness to go on sonic adventures.

If that's the hint though, single Anything Could Happen is the promise.

OCT. 22 Taylor Swift Red

Last week's stunning performance of the new song Ronan at the Stand Up To Cancer fundraiser may have been the most emotional song that Taylor Swift has ever written. That song is reportedly not on the upcoming album. If she's able to discard songs that good, we can't wait to hear the ones that did make the cut.

NOV. 6 Aerosmith Music From Another Dimension

And in the category of America's greatest rock 'n' roll band with all original members still living, the winner is... Aerosmith. This album makes the list primarily because of its audacious title. Do Aerosmith have what it takes to make music from another dimension? We'll see.

50 Cent Street King Immortal

Remember when Kanye and 50 released an album on the same day and each of them said that they would retire if their album didn't perform as well as the other's?

Well, Curtis didn't do as well as Graduation but thankfully Mr. Curtis Jackson did not retire. In fact, with his fifth album, he has brought in enough guest stars that it almost seems like he's trying to compete with Cruel Summer for sheer group effort. So far it's been revealed that Street King Immortal will feature cameos from Alicia Keys, Lil' Kim, Akon, Swizz Beatz, Busta Rhymes, Eminem, Chris Brown and Adam Levine.

Does your child struggle with his or her weight?

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"**C.H.A.M.P. Families**" is the first phase of a project that focuses on the development of a parent-focused program for obese children and their families.

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For more information contact
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or sburke9@uwo.ca

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PG - Crude content, language may offend

Pill's sexting problems

Alison Pill is suffering some major embarrassment after accidentally tweeting a topless photo of herself.

It's believed the picture was intended for her fiancé, actor Jay Baruchel, but instead went out to her 14,000 followers.

She quickly deleted the post.

"Yep. That picture happened. Ugh. My tech issues have now reached new heights, apparently. How a deletion turned into a tweet... Apologies," she tweeted.



Hot new couple alert



Zachary Quinto

Zachary Quinto is opening up about his relationship with Glee actor Jonathan Groff, telling Out magazine, "I'm incredibly happy."

Quinto says he's feeling especially good about being in a relationship following

the death of his father. "I had to do a lot of work on the couch to really get to a place where I was able to show up to a relationship with someone who was actually capable of being in one — and that took a lot of trial and error," he says.

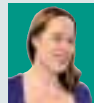
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



A downward spiral for Amanda Bynes



THE WORD
Dorothy Robinson
scene@metronews.ca

Amanda Bynes is apparently refusing rehab, according to RadarOnline.com. The website reports her friends are worried she's "not in touch with reality," as if there is anyone in Hollywood who is in touch with reality.

Still, this story gives me a touch of the sads.

The 26-year-old was charged last week with two hit-and-run charges and was arrested on April 6 for a DUI. On Thursday, TMZ.com

posted pictures of the actress driving aimlessly around L.A. on a suspended license and smoking what appears to be pot from behind the wheel.

"Amanda is refusing to go to rehab or seek any form of psychiatric treatment or diagnosis. It's clear something is up with her," a close pal exclusively told RadarOnline.

"She has been told by her agent and her dad Rick that she has substance abuse issues and needs to get help. She's a lost little girl right now. Amanda's completely gone off the grid. She won't speak with her manager, her agent, her publicist; she's not returning anybody's phone calls," the source said.

An actress who won't speak with her agent or her publicist?

In Hollywood, there's no worse indication that something bad is going down.



Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Trouble on the set for Lohan?

Lindsay Lohan is reportedly playing sick as a means to get out of being in Scary Movie 5 after deciding the script makes fun of her too much, insisting that she has walking pneumonia, according to Page Six.

"Lindsay missed every meeting she had for the film, including script reads and wardrobe meetings," a source says.

"Then she missed her flight to Atlanta on Sunday to shoot the movie. The producers had been getting signs Friday that she was a mess, and would not be fit to work."

But Lohan's camp insists there's nothing fishy going on.

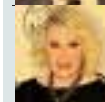
"Lindsay is fulfilling all of her obligations for the film," rep Steve Honig says.

Twitter



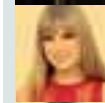
@rickygervais

Since when did jokes start being taken as the teller's true beliefs? Surely if that were the case, you wouldn't be joking.



@Joan_Rivers

Fashion Week tip: When your boobs drop, your fashion style MUST evolve. For example, I just started wearing an Uggs brassiere.



@taylorswift13

Drinking a pumpkin spice latte. Just realized 70% of my tweets are food or cat related.



@bobsaget

Concerned we're in a time where politicians can't even fake sincerity. Aren't they supposed to be good at that?



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SEPTEMBER 5 - 21, 2012

3
LIFEBite into the lighter side
of chocolate decadence

Mini Chocolate Mud Pies. These sweet treats, which are sure to impress guests, look and taste rich but are actually low in fat



ROSE REISMAN
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rosereisman.com

These Miniature Chocolate Mud Pies are so dense that they will instantly transport you into chocolate heaven.

You (not to mention your guests) will never believe they are low in fat. The total amount of fat per serving is only 5.8 grams, while calorie count sits at 220 calories per serving.

Drizzle them with melted chocolate for an extra special touch.

1. Preheat the oven to 350

Ingredients

Start to finish: 27 minutes

- 1 cup chocolate wafer crumbs
- 1 tbsp water
- 2 tsp vegetable oil
- 2 tbsp semisweet chocolate chips
- 2 tbsp hot water
- 1 tsp instant coffee
- 1 cup packed brown sugar
- 1/2 cup cocoa powder
- 2 tbsp all-purpose flour
- 1/4 cup + 1 tbsp light cream cheese (about 2.5 oz), softened
- 2 large eggs
- 1/4 cup low-fat sour cream
- 3 tbsp corn syrup
- 1 tsp vanilla extract
- icing sugar (to decorate)



This recipe makes 12 mini Mud Pies. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

F. Lightly coat a 12-cup muffin tin with cooking spray.

2. In a small bowl, combine the crumbs, 1 tbsp water and oil until mixed. Divide and pat into the bottom of the muffin tins.

3. In a small bowl, combine the chocolate chips, 2 tbsp hot water and coffee. Micro-

wave for 40 seconds on High or just until the chocolate begins to melt. Stir until smooth.

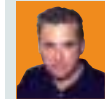
4. In the bowl of a food processor, add the sugar, cocoa powder, flour, cream cheese, eggs, sour cream, corn syrup and vanilla. Purée until smooth. Add the chocolate mixture and purée until

smooth.

5. Divide among the muffin cups and bake for 12 to 14 minutes or just until the centers are still slightly loose. Cool and chill at least 2 hours before serving. Carefully remove from the tin with a knife. Decorate with icing sugar. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Liquid Assets

A berry good mate for chocolate



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Though a diehard foodie at heart, I've never been that big on desserts.

It's not that I don't take a bite of workplace birthday cake now and then or dip a spoon into someone else's indulgence to experience the decadence — I just prefer to find my extra calories in a glass.

Never a true friend of white or red, chocolate's bitterness has made it a bit of a wine world pariah.

Sure, fortified port wines are a classic match, but that's about it, my friends.

Those of you old enough to remember the delicious addictive qualities in Hershey's Cherry Blossom (a cherry soaked in cherry juice wrapped in mocha) will attest that chocolate and ripe berry fruit taste insanely appealing together.

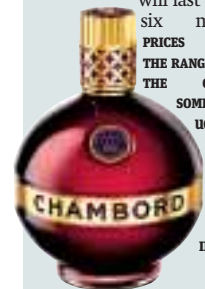
So for once, forget wine, — especially with anything called a Mud Pie.

Instead, reach for a berry-based liqueur. France's Chambord (\$38.99 - \$45.99) — a 17th century wonder named after the Loire Valley castle of the same name — is made with a mix of cognac and red and black raspberries that's the ideal mate for anything chocolaty.

Refrigerate it and a bottle will last at least six months.

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Foraging for delicacies becoming more popular among chefs, foodies

Wild foods. Want to add an earthy touch to your next meal? It may lead you to a forest

The foods of forests, meadows and streams that sustained Canada's native population centuries ago are now being featured in some of the finest restaurants in the country.

Some might be expected, such as nuts, berries, wild mushrooms, fiddleheads and ramps (wild leeks), but others are usually considered weeds, like Queen Anne's lace (wild carrot), milkweed pods, burdock roots and cattail hearts.

When Jonathan Forbes of Forbes Wild Foods in Toronto first approached chefs with foods foraged in rural Ontario, some showed immediate interest, he says. Others turned him away, saying his products were "too exotic."

As a child, Forbes gathered wild raspberries and mushrooms with his mother. His interest was rekindled as an adult when he told a story about picking chokecherries and his listeners hadn't heard of them.

"I thought, 'It's serious when people don't know what their natural environment is,' especially things like chokecherries. They're everywhere."

He started his company in 1998 and has people who forage for him "from Haida Gwaii (the Queen Charlotte Islands of British Columbia) to Labrador" and into the far north.

He gets some fresh, some dried and some frozen and sells to restaurants around the world, consumers online and Toronto-area farmers markets.

Since he began, interest in foraged foods "has grown a lot," he says. It started mainly with chefs and foodies when the move to slow food expanded



Foods of the forest are popping up in fine dining. CHRIS YOUNG/ THE CANADIAN PRESS

to indigenous food. Now that more foraged foods are available, interest among the public is growing.

"When I first brought puffballs (basketball-sized mushrooms) to market 10 years ago, people looked at them and wondered whether you could really eat that thing," Forbes says. "Now they line up."

High-profile Canadian chef Brad Long regularly includes foraged items on his menu at Cafe Belong at Evergreen Brick Works in Toronto.

For example, he uses little bits of Queen Anne's lace flowers in salads — "very intense" — or boiled with sugar to make a hard candy, wild nuts and ricotta cheese to make ravioli, cooked greens and roots as vegetables or birch syrup

as a sweetener.

"There's a lot of food here that most people have no concept even exists," Long says.

Foraging is hard work and there's "also a lot of danger in it," Long says. Many types of wild mushrooms are poisonous, as are many other plants or parts of plants. The leaves of marsh marigolds, for example, cannot be eaten until they have been boiled in several changes of water to remove the toxins.

Probably the safest way for consumers to access foraged food is to buy it. But Long and Forbes say for those wanting to try it, it is absolutely essential to first educate themselves about plants, what is edible, what is not and how to prepare them to make them safe to eat.

THE CANADIAN PRESS

Using foraged food

You have to know what you're doing to gather and use foraged foods. Here are tips from wildfoods.ca

- **Black walnuts.** After removing the outer green coat, wash them and set them aside to dry for about two months before cracking the shells. During this time, the meat will separate somewhat from the shell.
- **Milkweed pods.** Pick them when they're young. They must be boiled, with at least one change of water, to get rid of the milky liquid they exude. They can be served hot as a vegetable or pickled.
- **Ox-eye daisy capers.** These can be preserved in a light marinade and added to salad.

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MIX OF SIX
Julian Uzielli
london@metronews.ca



Sage advice

Calling fans of all things healthy, spiritual and green: This weekend, you won't want to miss London's second annual Sage Fair at the London Convention Centre (300 York St.). Featuring workshops on topics from healing and organic food, to craft exhibits, yoga classes and more, the Sage Fair has something to offer for the inner wellness nut in all of us. Tickets are \$8 per day, and the fair runs 11 a.m. to 6 p.m. on Saturday and 11 a.m. to 5 p.m. on Sunday. Tickets and a full list of workshops, vendors, and exhibitors are available at sagefair.com.



Terry Fox Run

On Sunday, make sure to come by Springbank Gardens (formerly Wonderland Gardens, 285 Wonderland Rd. S.) for the annual Terry Fox Run. The event will be bicycle, rollerblade, wheelchair, and stroller accessible, following a paved path north along the Thames with markers at one and 2.5 kilometres. There is no minimum donation or registration fee, but all proceeds will go to the Terry Fox Foundation to fund cancer research. All participants are asked to register and may do so on site. Registration runs from 8 a.m. to 2 p.m., and the run has an open start from 10 a.m. to 2 p.m.



Bishop Biography Book Launch

If you're a local history buff, make sure to visit the office building at St. Peter's Cathedral (533 Clarence St.) Friday for the launch of *My Heart's Best Wishes For You: A Biography of Archbishop John Walsh*, by Rev. John Comiskey. Walsh was the Catholic bishop of the diocese of London from the time of Confederation in 1867 until 1889, when he was transferred to Toronto as archbishop. The launch will include a presentation, books for sale and book signing. 7 p.m. - 9 p.m., no charge for admittance.



World of Watercolour

For the next three Saturdays, the London Waldorf School (7 Beaufort St.) is holding a watercolour and pencil drawing class for adults. The three-part workshop will teach participants the principles of watercolour painting with pencil, including wet-on-wet and veiling techniques enhanced with pencil drawing. The classes will be led by David Hadden, a teacher at the school with 36 years of experience. Cost is \$55, materials are supplied, beginners are welcome. Register by calling (519) 858-8862.



Great Lake Swimmers make a splash

Great Lake Swimmers will be playing at Aeolian Hall (795 Dundas St. E.) on Thursday. The Toronto folk-roots group released their fifth studio album, *New Wild Everywhere*, in April. Their melodic tunes have an elegant fluidity that is complemented by vocalist Tony Dekker's soothing voice, and their lyrics evoke scenes of nature and beauty. Tickets are \$25 in advance/\$30 at the door. Advance tickets available at aeolianhall.ca, Grooves (353 Clarence St.), and Village Idiot (135 Wortley Rd.). Doors open at 7 p.m.

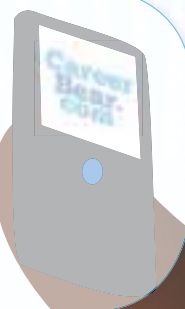


Free music Fridays

If classical music is more your speed, Western University's Don Wright Faculty of Music will be offering free concerts on Fridays. The series kicks off this Friday, starting with a piano recital of pieces by Johannes Brahms, performed by award-winning pianist Stephan Sylvestre. Sylvestre will explore the Romantic master's whole career. All Friday performances take place at 12:30 p.m. in von Kuster Hall in the Music Building, Western University (1151 Richmond St.) and will continue until Nov. 30.

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Sage Fair returns to London!!

We are excited to announce that following our fantastic inaugural year, Sage Fair has returned to London, Ontario, Canada, this weekend, September 15 – 16, 2012.

The Sage Fair is truly unique – an opportunity to indulge your mind, body and spirit with inspiring workshops on a variety of topics and a fantastic group of exhibitors offering a range of products and services to enhance your lifestyle.

What Is Sage Fair?

Sage fair is about discovery and exploration for the mind, body and spirit. We will bring you inspiring workshops and a fantastic group of exhibitors, all at one convenient location.

"We've (gotten) an amazing reception. The people who are coming through are loving it," event co-founder Valerie Nicholson said. "The vendors are happy and energized."

"Our mission is to create an exciting, comprehensive event that unites the large group of individuals who are concerned with self-awareness and self-improvement, sharing with them an experience of community and openness", says Valerie.

Who Is Sage Fair For?

Sage Fair is for anyone who is interested in discovering the best Ontario has to offer in products and services for the mind, body and spirit. Our goal is to help Canadians in their pursuit of a healthy, happy and green lifestyle.

Sage Fair is About Community

We are happy to bring you an experience of discovery and learning that we know you'll love, but we don't want to stop there. We invite you to use Sage Fair as an opportunity to connect with a community of people who share your interests and lifestyle.

Become part of a community and share your thoughts about the fair – we listen to your input so we can provide an unforgettable experience.

Join the discussion on Facebook and introduce yourself!
www.facebook.com/sagefair

Sage Fair takes place at the London Convention Centre, 300 York St., Saturday, September 15 from 11 a.m. until 6 p.m. & Sunday, September 16, 2012 from 11 a.m. until 5 p.m.

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MLB

Clock yet to strike 12 with O's still vying for spot in 'the dance'

The Baltimore Orioles have too much else going on to be overly excited about ending their miserable run of 14 consecutive losing seasons.

Manny Machado blooped an RBI single that eluded left-fielder Matt Joyce's desperate drive with two outs in the 14th inning, and Baltimore beat Tampa Bay 3-2 Thursday to complete a three-game sweep and remain atop the AL East.

With their 81st victory — and 13th in a row in extra innings — the Orioles are assured no worse than a .500 record for the first time since 1997.

"There's a bigger goal in mind," manager Buck Showalter said. "That wasn't the goal from Day 1 this spring. Really, Day 1 of the off-season. It's watching other teams for years and saying, 'We want to do what they're doing. We'd like to get a chair at the dance, you know?'"

It's been an incredible season for the Orioles, who finished in the cellar in each of the previous four years. Baltimore (81-62) started Thursday in a first-place tie with the New York Yankees.

THE ASSOCIATED PRESS



Baltimore's Manny Machado.

GETTY IMAGES



NHL commissioner Gary Bettman speaks to reporters in New York on Thursday. MARY ALTAFFER/THE ASSOCIATED PRESS



Sidney Crosby answers a question during a news conference, Thursday, in New York. MARY ALTAFFER/THE ASSOCIATED PRESS

Bettman on lockout: 'I feel terrible about it'

NHL. Commissioner shows emotion in defending league stance: no deal, no season

Reiterating that the NHL season won't start until there is a new collective bargaining agreement, Gary Bettman offered an impassioned defence Thursday of the league's stance.

"Listen, nobody wants to make a deal and play hockey more than I do, OK," the NHL commissioner told a news conference in New York when asked what he might say to fans dreading the prospect of a lockout. "This is what I do. This is what my life is about in terms of how I spend most of my waking hours."

"This is really hard. And so

Quoted

"If you have a non-bias opinion, you look at the facts, I think our mindset and the direction we're going is one that seems like it's a little bit more fair for both sides."

Penguins superstar Sidney Crosby

you only get involved in this situation when you understand what the issues are and you know you're doing the right thing for the long-term stability of our game and our sport.

"This is very hard and I feel terrible about it."

The current collective bargaining agreement expires Saturday at midnight. The season is slated to start Oct. 11 with training camps due to open Sept. 21.

Earlier, NHLPA boss Donald Fehr said the players want to keep negotiating. Avoiding the

lockout is up to the league, he added.

"The players want to find a way to make an agreement. They want to negotiate until we do," Fehr told a news conference.

Fehr said the players made large concessions in bargaining last time. Since then, league revenue has risen dramatically.

He asked whether it was fair or equitable that the owners want more concessions.

Bettman noted the average player salary had gone from \$1.45 million US to \$2.55 mil-

lion in seven years.

He said the existing salary cap system had helped competitive balance on the ice while growing revenues off it.

But he said the league needs to reduce its costs.

"The fact of the matter is we believe as a league, we are paying out too much money," said Bettman.

The commissioner was speaking after a two-hour meeting of the league's board of governors Thursday.

There was some hope that the two sides could continue to talk. Bettman offered to meet "any time, at any place."

"If you're dedicated to the negotiating process, you can move this along quickly," Bettman said. "If, for whatever reason, you're not interested in making a deal, you drag it out."

THE CANADIAN PRESS

Frustrated Leaf Lupul thinking of the fans



Leafs forward Joffrey Lupul cautions against angering fans with another NHL work stoppage. STEVE RUSSELL/TORSTAR NEWS SERVICE

With an NHL lockout looming, Joffrey Lupul had some advice for the owners and players working on a new collective bargaining agreement.

Don't forget the fans.

"It's important that we realize this affects a lot of people beside us," the Toronto Maple Leafs winger said Thursday. "I'm a hockey fan myself and it sucks. There will be a point when fans start getting fed up. It's frustrating so I can only imagine what someone else thinks, who doesn't play in the NHL."

NHL owners and the NHL Players' Association both had internal meetings Thursday

Quoted

"I believe we can fix it, but if not, I'll think about a Plan B."

Leafs centre Mikhail Grabovski on the prospect of playing overseas during a lockout.

as labour talks continued, but there wasn't any forward motion in reaching a new deal.

Leaf players Mike Komisarek, James Reimer, Ben Scrivens, David Steckel, Cody Franson, Matthew Lombardi, John-Michael Liles, James van Riemsdyk took part in discussions and joined some 280 other NHL players representing

their union in New York. Steckel, the club's official team representative, has been relaying messages to his teammates.

"They've done a great job of keeping us informed," Lupul said. "Our team's well represented in New York. If I thought I wasn't informed I'd be on my way (there)."

Some Leafs have considered playing overseas as there's a lengthy lockout.

"The answer is yes at some point in time," said Lupul about the chance to go to Europe. "There's going to be a point when guys are looking over there because we want to play."

THE CANADIAN PRESS

4 SPORTS

Mobile sports



Qrikel

No one has ever questioned Blair Walsh's leg. It's always been a matter of if he knows where the ball is going after he kicks it. After some clutch field goals to lead the Vikings over the Jaguars, no one is questioning it anymore.



Quarterback Cam Newton of the Carolina Panthers grimaces after a fourth-quarter turnover against the Tampa Bay Buccaneers, Sunday, in Tampa, Fla. Newton is looking for his team to bounce back from a 16-10 loss when they host the New Orleans Saints on Sunday. AL MESSERSCHMIDT/GETTY IMAGES

Newton looks to duplicate RG3's success vs. Saints

NFL. Panthers' QB looks for clues in what Redskins' rookie pivot did well last week

Still stinging from the thrashing they took from Robert Griffin III, the New Orleans Saints turn their attention toward defending another dual threat quarterback this Sunday in Carolina's Cam Newton.

Like Griffin, Newton is capable of breaking down a defence with his feet as well as his arm, and presents many of the same challenges for the Saints defence that the Washington rookie did.

In fact, the Saints may even see some of the same plays this week.

Carolina coach Ron Rivera said the Panthers may borrow a few pages from the Redskins game plan because they run some similar plays.

"It's funny because when you watch (the Redskins) on tape you say, 'Hey, we do that,'" Rivera said.

The Saints were expecting as much.

Interim coach Aaron Kromer knows the NFL can be a copycat league and that when a weakness is exploited other teams will pounce on it. Griffin found success against the Saints last weekend, throwing for 320 yards and two touchdowns. He also ran for 42 yards.

But he also thinks that having played against Griffin will help his team better prepare for Newton.

Coming off a rough offensive performance in which the Panthers scored just 10 points in a loss to Tampa Bay, Newton is looking for his team to rebound. And he hopes some of the clues to jump-starting the offence will come from watching what RG3 did last week.

Kromer said Griffin and Newton have similar athletic

Stopping Newton

The Saints had mixed success in two games against Newton last season.

- In the first meeting in Charlotte Newton threw for 224 yards and combined for three touchdowns. The Saints needed a late touchdown drive from Drew Brees to pull that game out 30-27.
- However, the Saints defence manhandled him in the season finale, limiting the AP Offensive Rookie of the Year to 158 yards passing and one touchdown.

skills "although Cam is bigger." Much bigger, in fact.

The 6-foot-5, 245-pound Newton has Griffin by three inches and 40 pounds.

THE ASSOCIATED PRESS

De Rosario to miss Canada's qualifiers

Canada will be without its leading goal scorer for the remainder of its second round of World Cup qualifying.

Dwayne De Rosario suffered an MCL sprain in his knee during Canada's 2-0 loss to Panama on Tuesday. He will be sidelined for 10-to-12 weeks according to D.C. United, his Major League Soccer club.

"DeRo is our captain, a great player and impossible to replace," said D.C. United head coach Ben Olsen.

The attacking midfielder scored in Canada's 1-0 victory over Panama last Friday in Toronto. The goal was his 20th in 71 appearances for Canada and made him the country's all-time men's scoring leader.

"Absolutely gutted, to be honest," De Rosario tweeted. "With strong faith and perseverance I will be back wearing proudly the red&white."

The loss is bad news for a Canadian side that dropped to third in its qualifying group with its loss to Panama. Panama leads the group, Honduras is second, and Canada is third based on goal differential.

"Dwayne is an inspirational player and has played a major role in the na-



Dwayne De Rosario celebrates scoring the winning goal against Panama in Toronto on Friday, Sept. 7. CHRIS YOUNG/THE CANADIAN PRESS

tional team's qualification campaign," Canadian coach Stephen Hart said in a statement.

"Injury is an unfortunate part of football and yes he will be missed. Dwayne's misfortune will open the door for one of the more than capable players to step in and seize the moment."

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Remaining matches

- The Canadians need to finish top two to move on to the final round.
- They host Cuba on Oct. 12 then visit Honduras four days later to wrap up the second round.



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Horoscopes

Aries

March 21 - April 20

With the Sun moving through the work area of your chart, you don't mind how hard you labour as long as the payoff is good. However, this area of your chart also governs your health, so don't push yourself too hard.

Taurus

April 21 - May 21

You are far too sensible to believe everything you are told, especially by so-called "experts", and you will no doubt reject some of the things you hear today. That's good. Trust only your own inner voice.

Gemini

May 22 - June 21

If you tell someone you love what they want to hear, rather than what they need to hear, it could lead to complications later on. Tell them the truth, no matter how painful it may be in the short term.

Cancer

June 22 - July 23

The more someone pressures you to go along with a plan you are not interested in, the louder you must say no. Don't let them make you feel guilty by suggesting that your refusal will ruin it for others. It won't.

Leo

July 24 - Aug. 23

You are letting your fears get the better of you and that in turn is making it difficult to make a sensible decision about a money matter. Always think logically and expect the best to happen rather than the worst.

Virgo

Aug. 24 - Sept. 23

Try to stay calm and, wherever possible, stay out of the way of people who rub you up the wrong way. If your current environment gets a little too heated, take off by yourself for a day or two.

Libra

Sept. 24 - Oct. 23

According to the planets, your negative attitude is attracting negative situations. Stop looking over your shoulder and start acting as if nothing can go wrong. Compared to most people, you've still got it easy.

Scorpio

Oct. 24 - Nov. 22

No matter how much someone tries to persuade you to take sides in a dispute, you must stay out of it. There is simply no way of knowing for sure who is right and who is wrong, so it's best not to get involved.

Sagittarius

Nov. 23 - Dec. 21

For some reason, your credibility is low at the moment. Your priority today is to improve your image. If colleagues and employers have begun to assume you are all talk and no action, you must prove them wrong.

Capricorn

Dec. 22 - Jan. 20

Whatever you lose today, you will more than make up for next week. Don't try to hang on to what is slipping from your grasp. There is a meaning to everything that happens — you just have to look for it.

Aquarius

Jan. 21 - Feb. 19

Your options for action seem to be limited at the moment and all you can do is wait for conditions to change. Patience is a virtue, so stop worrying and enjoy the opportunity to take things easy for a while.

Pisces

Feb. 20 - March 20

People will play on your sympathies and try to get you to do things you don't want to do. You must be tough and refuse. Anyone who comes to you with a tale of woe is not to be trusted. SALLY BROMPTON

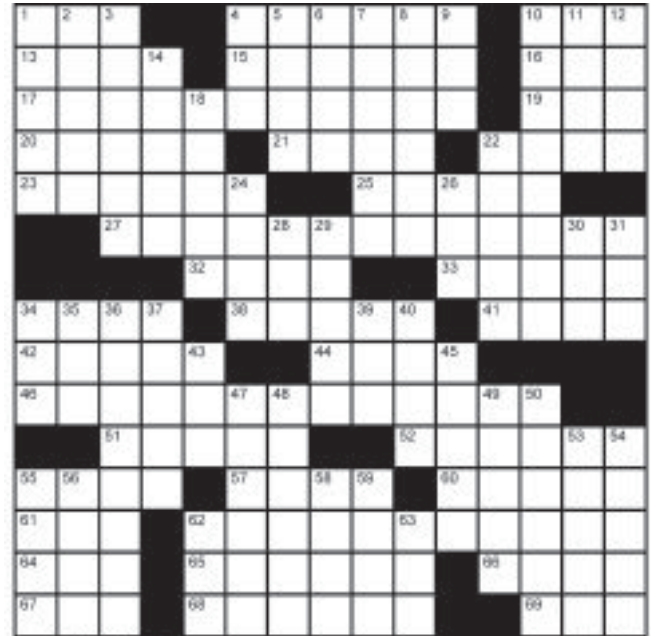
Crossword: O Canada

Across

1. BC Hydro structure
4. Forming irregular, broken waves, as the sea
10. Sml., med., ___: T-shirt sizes
13. Swim ___: once around the pool (2 wds.)
15. "Hurts ___": John Cougar Mellencamp hit (2 wds.)
16. George Gershwin's lyrical brother
17. Northwest ___
19. Chomped
20. Mistake
21. Check
22. "As Good as It ___"
23. More expeditiously
25. Edmonton NHL team member
27. BC, AB, and SK are here (2 wds.)
32. Composer John who was a CBS reporter
33. Certain distance runner
34. ___ Nostra
38. "Salut!" in Scandinavia
41. Man, Wight, or Capri
42. White lightning, say
44. "Mon ___!": French mild oath
46. Largest waterway in the Pacific Northwest, it starts in BC and flows through Washington and Oregon to the Pacific (2 wds.)
51. Uses a towel
52. Most definite
55. Wine party cheese
57. High tennis shots
60. Canada's ___ Max lottery

Down

61. Freeze
62. Molson's catchy slogan from 1994-1998 (3 wds.)
64. Place for a drink
65. Color clothes, hippie-style (2 wds.)
66. Great Lake
67. Serpentine warning
68. Capture
69. Finish
1. Calendar entries
2. Oldsmobile model discontinued in 2004
3. Bone ___ transplant
4. Winter time in Manitoba: initialism
5. Owl's call
6. Shrek, for one
7. Exterminator's option
8. Like verse
9. QB's goal: abbr.
10. Canada's oldest federally registered party
11. Member of 10-Down, familiarly
12. Consumes
14. On one's belly
18. "___ my case": courtroom phrase (2 wds.)
22. Bottle-dwellers of legend
24. These are found on road maps: abbr.
26. Hasty exit
28. Edmonton CFL team member, familiarly
29. The Mary Tyler Moore Show spinoff
30. It's next to Ins on the keypad
31. Exist



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34. This Hour Has 22 Minutes network
35. Tic-tac-toe win
36. Gis
37. Blue as the sky
39. Atmosphere
40. Hawaiian garlands
43. Sex Pistols' record label
45. Tonsil neighbour
47. 1950s-'70s Chevy (2 wds.)

48. Different arrangement of a given compound's atoms
49. Become eaten away
50. Collect one's pension
53. Besmirch
54. Did some calisthenics
55. Protections for babies
56. Some TVs
58. A-F alphabetic connection
59. Articulates

62. "I'll give ___ try" (2 wds.)
63. Bring home after expenses

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	6	2	1	4	3	5	8	9
3	5	8	6	7	9	4	2	1
4	9	1	5	2	8	7	3	6
2	3	4	8	1	7	6	9	5
9	1	7	3	6	5	2	4	8
6	8	5	2	9	4	1	7	3
8	2	9	7	5	1	3	6	4
1	7	3	4	8	6	9	5	2
5	4	6	9	3	2	8	1	7

	4		8		7			3
	3	6	2		4	8	1	
2			6	3				8
		8	1		2	9		
5			4		9			7
	5	4	9		1	7	2	
	2		5		8		9	

Today

19°/9°

Showers

Saturday

20°/9°

Variable

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